

Syllabus

BELT GRADING

GRADE

THEORY

PRACTICAL

DURATION



4th GRADE
Blue To Red Belt

Skip Jab Punch
Skip Cross Punch
Skip Jab and Cross Punch
Skip Back Fist & Reverse Punch
Skip Jab and Spinning Vertical Hammer Fist
Skip Round Palm & Cross Palm
Reverse Elbow & Spinning Elbow
Combination of Basic Blocks
Front knee
Round knee
Front Push kick
Round Kick
Side Kick
Inside Crescent kick
Outside Crescent kick
Spinning Side Kick
Hook Kick

Horse Stance (1 minute 30 seconds)

Wrist Arm locks 7 & 8

Knife Defence 7 & 8

Escape 7 & 8

Baton Defence 7 & 8

Throw 7 & 8

Leg locks 7 & 8

Chokes Position 7 & 8

3 Step Sparring
(Counters/Restraints/Throws)

3 months
(Twice Weekly)